

## **10 Golden Rules of an Effective Coach**

**1 Build Trust, Ensure Confidentiality**

**2 Establish Awareness**

**3 Motivate for Change**

**4 Question, don't tell, don't judge**

**5 Listen & use Silence**

**6 Challenge, to get Best Ideas**

**7 Request Actions**

**8 Follow-up on Actions**

**9 Anchor Lessons Learnt**

**10 Hold Coachee Accountable**